



ABOUT ME

Results-driven and certified fitness trainer with a passion for helping clients achieve their healthand wellness goals. Seeking a challenging position in a reputable fitness facility where I canutilize my skills, knowledge, and experience to provide exceptional training and guidance.

LANGUAGES

- ENGLISH
- ARABIC

PERSONAL DETAILS

Date of birth  
29 Sep 1997

Nationality  
Egypt

Visa status  
Emirates ID

Marital status  
Single

RANA AHMED  
CERTIFIED PERSONAL TRAINER

- Al Khalidiyah Street, Abu Dhabi, United Arab Emirates, UAE
- +971527293388
- ranaelsayd2010@gmail.com

WORK EXPERIENCE

<div>FITNESS FIRST GYM</div> <div>Dubai</div> <div>Feb 2025 - Present</div>	<div>Personal trainer</div> <ul style="list-style-type: none"><li>Designed and executed customized fitness programs aligned with client goals and fitness levels.</li><li>Conducted fitness assessments, tracked progress, and adjusted plans for optimal results.</li><li>Provided one-on-one coaching and nutritional guidance to enhance client performance.</li><li>Led engaging group classes, ensuring safety and proper form for all participants.</li><li>Collaborated with gym staff to organize fitness challenges and member engagement initiatives.</li></ul>
<div>GYMNATION AL KHALIDIYAH</div> <div>Abu Dhabi</div> <div>Nov 2023 - Feb 2025</div>	<div>Personal trainer</div> <ul style="list-style-type: none"><li>Offer nutritional guidance, Track client progress, Run one-to-one training sessions</li><li>Encourage the client to continue exercising and achieve their goals</li><li>Developing a training program that suits the client's needs and goals, taking into account their fitness level and health status</li><li>Teaching the client's how to perform exercises correctly and safety, focusing on proper form and techniques</li></ul>
<div>VB20 EMS STUDIO</div> <div>Cairo</div> <div>2020 - 2023</div>	<div>Personal trainer</div> <ul style="list-style-type: none"><li>Developed and implemented customized fitness programs</li><li>Conducted assessments and provided guidance on exercise techniques, nutrition, and lifestyle modifications</li><li>Monitored and tracked client progress, adjusting training programs as needed</li><li>Motivated and inspired clients through regular check-ins and positive reinforcement</li><li>Collaborated with other fitness professionals and healthcare providers</li><li>Led group fitness classes</li></ul>
<div>SMART GYM</div> <div>Cairo</div> <div>Jan 2018 - Dec 2020</div>	<div>Personal trainer</div> <ul style="list-style-type: none"><li>Assisted clients in identifying fitness goals and developed personalized exercise plans</li><li>Provided ongoing support, addressing concerns or obstacles</li><li>Conducted fitness assessments and monitored progress</li><li>Led small group training sessions</li><li>Organized fitness challenges and events</li><li>Conducted fitness orientations and equipment demonstrations</li></ul>
<div>GOLDS GYM</div> <div>Cairo</div> <div>2016 - 2017</div>	<div>Personal trainer</div> <ul style="list-style-type: none"><li>Led group fitness classes, including cardio, strength training, and HIIT workouts</li><li>Provided exercise instruction and modifications for participants of various fitness levels</li><li>Ensured a safe and motivating environment for all participants</li><li>Developed and implemented new class formats to keep members engaged</li><li>Assisted with member inquiries and provided fitness advice</li></ul>

EDUCATION

<div>REPS LEVEL 3 IQ CERTIFICATION</div> <div>UAE</div> <div>2024</div>	<div>Professional Personal Trainer IQ</div> <p>Specialized in advanced program design, client motivation, and injury prevention strategies.</p>
<div>INSPIRE FITNESS ACADEMY</div> <div>UAE</div> <div>2024</div>	<div>Advanced Program Design Certification</div> <p>Specialized in creating advanced, personalized workout plans for clients with different fitness goals.</p>
<div>ISSA CERTIFICATE GOLDS ACADEMY</div> <div>Egypt</div> <div>2023</div>	<div>ISS Certified Personal Trainer</div> <p>Understand muscle and bone structure, create customized training plans, prevent injuries, choose effective exercises for clients, and integrate diet for better results</p>
<div>CPR COURSE HSS</div> <div>Egypt</div> <div>2023</div>	<div>CPR Certification</div> <p>Life saving techniques for cardiac emergencies</p>
<div>AIN SHAMS UNIVERSITY - CAIRO</div> <div>Cairo</div> <div>2019</div>	<div>Bachelor of European History</div>